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315	E	588	A9	1 BR+EB+FLEX	$281,900	$1,048
318	S	495	A3	1 BR+FLEX	$250,900	$933
511	E	548	A10	1 BR+EB+FLEX	$254,900	$948
517	SE	570	A19	1 BR+EB	$294,900	$1,097
620	S	495	A3	1 BR+FLEX	$242,900	$903
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814	E	548	A10	1 BR+EB+FLEX	$260,900	$970
818	E	520	A4	1 BR+EB+FLEX	$251,900	$937
819	SE	764	B4	2 BR+EB	$393,900	$1,465
820	S	495	A3	1 BR+FLEX	$246,900	$918

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910	E	515	A11	1 BR	$251,900	$937
1003	W	569	A7	1 BR+FLEX	$298,900	$1,111
1008	E	519	A11	1 BR	$253,900	$944
1106	W	733	B11	2 BR	$419,900	$1,561
1601	W	473	A1a	1 BR+FLEX	$258,900	$963
1910	W	481	A1	1 BR+FLEX	$264,900	$985
2010	W	481	A1	1 BR+FLEX	$266,900	$992
2503	N	460	A2	1 BR	$270,900	$1,007
3004	NE	857	B4	2 BR+EB+FLEX	$495,900	$1,844
3103	SE	807	C3	2 BR+EB	$519,900	$1,933
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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14 SHOPPERS DRUG MART

VANCOUVER metro®

NEWS WORTH SHARING.

We miss you. #Grieve

Mourning on social media has become the norm, but bullies aren't paying their respects respectfully PAGE 6

Toss your butts, get some bucks?

Local group pitches pilot deposit program to keep cigarette waste off the streets PAGE 3

Bruins on verge of series sweep

Boston goes up 3-0 against Pittsburgh with a 2-1 win in double overtime PAGE 26

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Ben Stewart announces that he is stepping down from his post as Westside-Kelowna MLA as Premier Christy Clark listens at Quails Gate Winery in Kelowna on Wednesday.
GARY NYLANDER/KELOWNA DAILY COURIER/THE CANADIAN PRESS

Clark seeking Kelowna seat

Back to the ballot box. Ben Stewart stepping aside as MLA so premier can run in byelection

Premier Christy Clark has settled on a destination in her bid to regain a seat in the legislature.

Clark announced Wednesday that she will run in a byelection in the Liberal stronghold of Westside-Kelowna, with current MLA Ben Stewart (elected in 2009) stepping aside for the unelected premier.

The byelection will likely be in mid-July, Clark said.

In her announcement, she noted the area — the "cradle of free enterprise," as she called it — was home to two previous premiers: W.A.C. Bennett and his son Bill Bennett.

"They were two great leaders that shaped our province and people who represented this community," she said. "I hope ... I can be the third premier to carry a vision forward (from Kelowna)."

Clark, who lives in Vancouver, said she's looking at a possible second residence in the riding.

Stewart, most recently the minister of citizens' services and open government, was re-elected in Westside-Kelowna in last month's general election with 58.85 per cent of the popular vote.

NDP candidate Carole Gordon finished a distant second with 30.10 per cent and Conservative Brian Guillou finished last with 11.04 per cent.

Simon Fraser University political scientist Doug McArthur said the riding was a good choice for Clark.

"It's a good, safe, urban seat," he said. "But it's also a good choice to go outside (the Lower Mainland). Kelowna is a big urban area but it also fits the Liberal message of supporting the resource economy and non-urban development."

While McArthur doesn't give the NDP much of a chance in the byelection, he said it will allow the party to hone its campaigning skills after a disastrous general election.

"They need to go in and run a good campaign, though they can't expect to win the seat," he said. "It will be an opportunity for them to do what they didn't in the campaign — define the Liberals a bit more and try messaging and communications in a different way."

Clark led the Liberals to a stunning victory on May 14, defying public-opinion polls by snatching up 49 seats on the way to a fourth consecutive majority government. The NDP managed to grab 33 seats.

However, Clark ended up losing her seat in Vancouver-Point Grey to the NDP's David Eby. MATT KIELTYKA/METRO

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NEWS

Looking at risk factors

SFU home to new institute focused on youth violence

A new institute for research on youth violence hopes to influence policy makers on an issue that has widespread societal implications.

Simon Fraser University announced the development of the Institute for the Reduction of Youth Violence Wednesday, thanks to a $250,000 grant from the Canada Foundation for Innovation.

SFU psychologist Robert McMahon will serve as the director for the institute.

Until now, McMahon says Canada has largely relied on research out of the United States and other countries to get a grasp on youth violence, but it's not known how much the research is applicable to the Canadian population.

MATT KIELTYKA/METRO

Ruffling feathers

City manager sorry for manure dump at homeless camp

Abbotsford's city manager issued an apology Wednesday after a fowl incident that saw chicken manure spread at a homeless camp.

"I take this situation very seriously and retain full responsibility for the manner in which we have deal with this incident," George Murray, city manager, wrote in an email. "I am deeply sorry for our actions."

According to a post in the online newspaper Abbotsford Today, the chicken manure was dumped in an apparent attempt to drive homeless people from the site.

Murray said the city will remove the manure and will be working with community partners and those impacted in an effort to resolve the issue.

JEFF HODSON/METRO

A man smokes a cigarette in downtown Vancouver on Wednesday. A local group is proposing that cigarettes could be deposited, much like bottle-recycling depots, in an effort to butt out cigarette-butt pollution. EMILY JACKSON/METRO

A penny for your cigarette butts? Vancouver group proposes deposit program

Get your butts over here. To the West End Cleanup booth on June 16, that is, where they'll offer $20 for every one-pound bag

EMILY JACKSON
emily.jackson@metronews.ca

Perhaps the idea of picking up thousands of cigarette butts doesn't appeal to you, but what if you got some cash for your efforts?

A local group proposes to do just that with a pilot cigarette-butt deposit program that it hopes will be adopted across the province.

"For some reason the population has got the idea that it's OK to litter cigarettes," said Dr. Stuart Kreisman, an endocrinologist at St. Paul's Hospital, who proposed the idea in a letter to the editor.

Rather than leave the butts on city beaches and streets, cigarettes could be deposited, much like bottle-recycling depots, Kreisman said.

If people paid a deposit when they bought a pack of smokes and got cash in return when they deposited cigarette butts, it could eliminate cigarette-butt pollution almost entirely, he said.

"We were the first with bottles; let's be the first again with cigarette butts," he said. Based on the number of smokers in the city, he estimates one million butts are littered in Vancouver daily.

To test the theory, the West End Cleanup group will buy cigarette butts for a penny each at their booth during the West End's car-free day on June 16.

"We're offering $20 for a one-pound bag of butts — that's about 2,000 butts," group member John Merzetti said. "It seems like a lot, but honestly you could fill that on any given major street or a block in no time."

The group has just $500 to dole out, so they'll be accepting butts on a first-come, first-serve basis at noon.

If the experiment works, he said, the next step will be a bigger test or to see if the government would consider a deposit program.

But the Ministry of Environment, the body responsible for bottle-recycling legislation in B.C., does not plan to begin such a program, a provincial spokesman said Wednesday, adding it might be best administered by the city.

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Shooting. Stray bullet from fight hits innocent woman in neighboring apartment

An innocent 25-year-old woman sitting with her family in her Kamloops basement suite was struck in the arm by a stray bullet from a violent fight between two men in the house's upstairs unit on Tuesday evening.

The woman was with her 5-year-old daughter and 32-year-old husband when she was hit with the bullet moments after a gunshot was heard in the upstairs suite in the 1700 block of Bruner Avenue around 6:20 p.m., according to Kamloops RCMP. She was taken to hospital with a non-life-threatening injury.

Police entered the upstairs unit where they found a 34-year-old man involved in the fight and a 19-year-old woman, but they did not find the man believed to have fired the gun.

That man, also 34, was arrested Wednesday morning.

While details about the fight are still unclear at this point in the investigation, police believe the men knew each other.

The man with the firearm is well known to police and has a history of violence, property crime and drug-related offences.

EMILY JACKSON/METRO

Your furry friend. It may become easier for pet owners to rent apartments

Landlords who don't want Fido or Fluffy as tenants may not have much choice if a Vancouver councillor gets his way.

Coun. Tim Stevenson wants to make it easier for pet owners to rent apartments by changing tenancy agreements so landlords can't prohibit pets. While the B.C. Residential Tenancy Act allows for a ban on pets, it's illegal in Ontario.

Landlords shouldn't be able to discriminate against pet owners, Stevenson said, especially in a city where 50 per cent of the population rents instead of owns. The ability to veto pet owners is particularly difficult for seniors, many of whom depend on pets for companionship, he said.

Stevenson has introduced a motion asking the Seniors Advisory Committee, the B.C. Apartment Owners and Managers Association and the Renters' Roundtable to recommend regulations to council that would better enable tenants to keep their pets.

The groups should sit down to find a "pragmatic" solution to the "no, nay, never" attitude some landlords have to pets, he said. Regulations governing pet behaviour, such as the size of a pet or an extra damage deposit, would be considered.

Council will vote on Stevenson's motion on Tuesday. Mayor Gregor Robertson will support the motion.

EMILY JACKSON/METRO

The interior of Insite, Vancouver's supervised-injection site. JEFF HODSON/METRO FILE

Making the case for more safe injection sites

Harm reduction.
Insite operator hopes new regulations open door to more facilities

MATT KIELTYKA
matt.kieltyka@metronews.ca

For a decade, Vancouver's Insite supervised injection site has stood alone.

While largely accepted as a harm reduction success story, the Portland Hotel Society and Vancouver Coastal Health run facility — which opened in 2003 — remains the only site of its kind in Canada.

No other organizations have even applied to open a supervised injection site.

"It's sad that after a decade no one else has filed an application," said PHS's Mark Townsend. "The big thing is whether you choose to have those issues (of drug addiction) in parks and doorways or under the supervision of a nurse, where there is a chance of getting into treatment and detox. These problems don't just exist in the Downtown Eastside or Vancouver, they exist everywhere."

Quoted

"It's sad that after a decade no one else has filed an application."

Mark Townsend, Portland Hotel Society on why no other organizations have applied to open a supervised injection site.

A major stumbling block has been the Conservative government, which actively tried to close Insite until it lost a Supreme Court ruling in 2011.

Since then, the federal government has seemed to soften, or at least keep silent, its stance on the issue and has been working on a new set of rules and guidelines for supervised injection sites, which will be introduced in legislation Thursday.

Townsend hopes the new rules will lay the foundation for future injection sites, but is ready for anything.

"For all we know, the rules could be so stringent that it will make it impossible to get approval," he said. "But I'm optimistic. As we were battling for Insite the evidence was clear. It seems like a no-brainer to me."

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A NEW WAY TO #GRIEVE

Mourning deceased loved ones on social media is common, but commemorative pages, like those created for Amanda Todd, the B.C. teen who committed suicide after being bullied, can cause additional anxiety

RITA POLIAKOV/METRO

FACEBOOK

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On May 12, Alexandra Christopoulos wished her friend Patrick a happy birthday on Facebook.

He'll never read the post.

Patrick Douglas Mott, who would have been 31 this year, died on New Year's Eve in 2009. Soon after, Mott's father started an RIP Facebook group in his son's honour, a group with more than 200 members and hundreds of posts.

This, for many, is the new way to grieve. And some are abusing it.

While grieving through social media can be cathartic, it can also rob mourners of their privacy. For Christopoulos, Mott's online memorial helped in the healing process.

"I think initially, grief, it's so overwhelming and shocking and you almost feel numb," said Christopoulos, adding that she turned to social media when she felt alone.

"I'll think of him randomly. I'll go online to that page and realize someone else has already been there. They're thinking of him too," she said.

Experiences vary. Amanda Todd, the B.C. teen who committed suicide last year after being relentlessly bullied, has been commemorated on Facebook and Twitter. Her RIP pages have hundreds of thousands of likes, but have also become a forum for more bullying.

Some commenters wrote that the 15-year-old deserved her fate. A topless photo of Todd, the very one that contributed to her agony, was even posted to a memorial page.

According to Pam Fitzgerald, director of the Canadian Centre for Bereavement Education and Grief Counselling in Toronto, social media can be a free-for-all.

"With a sudden, unexpected death, people aren't always sensitive with their judgment and criticism or inaccurate information," she said. "Anything on the Internet affects the grieving process. Gossip usually always hurts."

RIP Facebook groups and Twitter hashtags pose another problem: what if the family of the deceased doesn't want an online memorial?

Vicky White, a 17-year-old from Toronto, started a memorial Facebook page after her classmate died in a car crash earlier this year. "It was a place for everyone to gather to share their memories," she said. "I love connections. It really doesn't matter … whether it's a total stranger or family member. I believe everyone should be able to mourn."

But then the deceased teen's family spoke up.

"There are a lot of complications. I like to put myself out there, but the thing is, (his) family wanted privacy. They want time to heal," White said, explaining that while the page is still up, she's no longer using her friend's name when talking to the media.

Even with its pitfalls, mourning through social media has its place in the grieving process. According to Fitzgerald, it can be a useful tool when coupled with professional help or a strong support system.

"I think it can be both positive and negative. Funeral homes now have a page where people can write messages to the family. That's positive."

Online etiquette

For those wishing to pay their respects using social media, here are some guidelines:

- Always check the facts in your posts to avoid causing unwarranted anxiety to those trying to heal.
- Never post criticisms of the deceased.
- Don't offer advice, only condolences and support.
- Respect the privacy of those who are mourning.
- Going out and having face-to-face interactions are also important parts of the grieving process.

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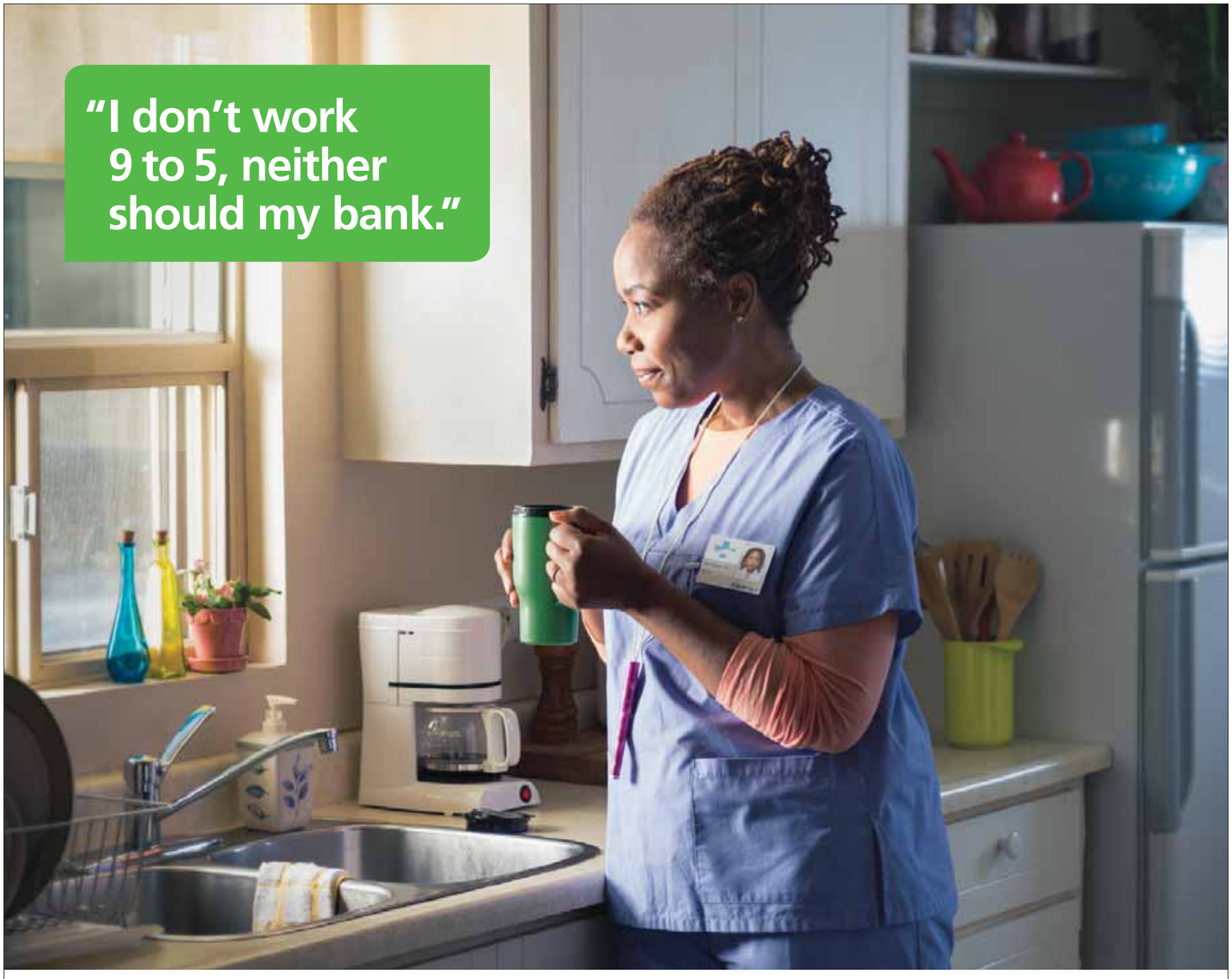

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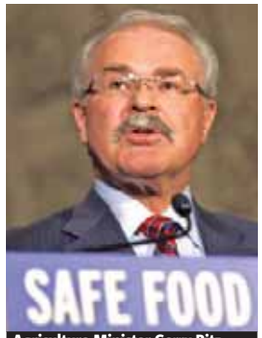
Tainted beef. Indecisive report on nation's juiciest recall leaves bad taste



Agriculture Minister Gerry Ritz holds a news conference in Ottawa, Wednesday. THE CANADIAN PRESS

Nearly a year after tainted Alberta beef sickened 18 people, briefly blocked exports to the U.S. and cast doubts on the safety of Canada's food supply, no one can say for sure what led to the largest meat recall in Canadian history.

It could have been a horde of germs from a contaminated animal passing through a super shredder, a new report suggests. Or an improperly decontaminated carcass. Or simply a case of too much bacteria for the plant to handle.

One thing is for certain: neither staff nor federal inspectors at the XL Foods plant in Brooks, Alta., were taking food safety seriously enough last September to prevent the crisis from happening, a three-member review panel has concluded.

"We found a relaxed attitude towards applying mandatory procedures — clearly outlined in some documents, less so in others ... a shortcoming shared by both plant and CFIA staff," says the report released Wednesday.

"We found one of the country's largest beef processors unprepared to handle what turned out to be the largest beef recall in Canadian history." THE CANADIAN PRESS

Tory caucus. Alberta MP quits, cites transparency issues in government

Alberta MP Brent Rathgeber says he has resigned from the Conservative caucus because of what he says is the government's "lack of commitment to transparency."

Rathgeber, who represents the Alberta riding of Edmonton-St. Albert, announced his resignation on Twitter late Wednesday.

He had complained last week about disappointment in the party base about scandals in the federal government.

Rathgeber said federal power had slowly been transferred from the House of Commons to the cabinet and ultimately to the Prime Minister's Office.

Rathgeber, who has a reputation for being blunt and straightforward, said the Conservatives were elected in part on a promise to change that.

Rathgeber, a native of Melville, Sask., is a two-time MP first elected in 2008.

THE CANADIAN PRESS

Public outcry. Israeli judge resigns after comment about girls enjoying rape

A Tel Aviv District Court judge has resigned following a public furor over comments he made in court that some girls "enjoy being raped."

Nissim Yeshaya was presiding over a hearing on the rape of a 13-year-old Israeli girl by four Palestinian youths when he made the comment. He apologized and said the remark was taken out of context.

Prime Minister Benjamin Netanyahu was among officials who harshly criticized the judge. He also withdrew his support for Yeshaya's appointment as head of his Likud Party's internal court. Several lawmakers called for the judge's immediate dismissal. THE ASSOCIATED PRESS

Stepping down

Israel's justice minister said Wednesday Yeshaya expressed his desire to leave his post at a hearing.

Vancouver

Nanny claims she was forced to work 16-hour days

A Filipina nanny's voice tensed up with emotion as she described the day she called police after one of her employers pushed her and doused her with a jug of water in Vancouver.

Leticia Sarmiento, who is testifying at a human-trafficking trial, said Wednesday that the physical altercation in June 2010 involved Oi Ling Nicole Huen. THE CANADIAN PRESS

Thousands evacuated

Floods charge through Germany, Czech Republic

Desperate families were plucked from rooftops by helicopters, cars were swept away by raging torrents and levees failed without warning Wednesday as central Europe staggered under an inland ocean of flooding.

Tens of thousands of people had to be evacuated in Germany and the Czech Republic and chemical plants along the mighty Danube and Elbe rivers were hastily shut down. City officials, federal troops and emergency workers across a vast region either raced to prepare or struggled to cope as flood crests roared downstream. THE ASSOCIATED PRESS

Blow to rebel forces

Hezbollah helps Syrian troops seize border town

Syrian troops and their Lebanese Hezbollah allies captured a strategic border town Wednesday after a gruelling three-week battle, dealing a severe blow to rebels and opening the door for President Bashar Assad's regime to seize back the country's central heartland.

The regime triumph in Qusair, which Assad's forces had bombarded for months without success, demonstrates the potentially game-changing role of Hezbollah in Syria's civil war. The gain could also embolden Assad to push for all-out military victory rather than participate in peace talks being promoted by the U.S. and Russia. THE ASSOCIATED PRESS

Bodies pulled from the rubble

Philadelphia. At least six killed as demolition gone wrong buries adjacent thrift store

Firefighters carry a survivor from the rubble of a four-storey building that collapsed in downtown Philadelphia Wednesday. MICHAEL BRYANT/PHILADELPHIA INQUIRER/THE ASSOCIATED PRESS

A building that was being torn down collapsed with a thunderous boom Wednesday, raining bricks on a neighbouring thrift store, killing six people and injuring at least 14 others in an accident that witnesses said was bound to happen.

Early reports from Mayor Michael Nutter had been that one woman had died in the Wednesday morning accident, but rescuers using buckets and their bare hands to move bricks and rubble kept working through the evening. Body bags were removed from the collapse site at night, and Nutter said at a news conference that authorities didn't know how many people had been in the thrift shop or on the sidewalk.

One woman was pulled from the rubble two hours after the 10:45 a.m. collapse when rescuers heard her voice, city fire Commissioner Lloyd Ayers said. Rescuers had been prepared to dig through the rubble all night.

Deputy Fire Chief Robert Coyne said early Thursday that 61-year-old Myra Plekam was pulled from the debris more than 12 hours after a building collapsed and that she was awake and talking to rescuers. THE ASSOCIATED PRESS

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Tories don't get it: Import-export group

Tariff changes. Head of association charges new budget will negatively impact both businesses and consumers

Times are a-changin'

A spokesman for the finance minister said changes were "long overdue" because the system punishes Canadian companies by giving "special breaks" to emerging powers based on decades-old program.

The head of the Canadian Association of Importers and Exporters has launched a blistering attack on the Conservative government for what she's calling its "quest for cash" that is hurting business and will cost consumers.

Joy Nott, the president of I.E. Canada, is wading into an ongoing dispute between a coalition of television importers and the Canadian Border Service Agency over what critics are calling the Harper government's "iPod tax."

TV importers have evidence the government has given them bad advice on tariff exemptions that Ottawa intended to later claw back, including tariffs on TVs, computer speakers and MP3 players, such as iPods.

But Nott says the problem runs deeper, and that major tariff changes announced in Finance Minister Jim Flaherty's March budget will have a ripple effect on Canada's import-export community — and consumers. The budget prominently stated that import duties on some popular sporting goods would be dropped. But buried in the back pages it also noted that Canada would be "graduating" goods from 72 countries to a higher tariff classification starting in 2015. The measure will bring in $333 million annually, said the government.

"The single line about the (General Preferential Tariff) changes actually has a much wider and much more negative impact on the ultimate consumer than duty giveaways on cricket bats and hockey sticks and whatever," Nott said in an interview. She called the sporting goods tariff cuts "like a smokescreen." THE CANADIAN PRESS

Northern Gateway. 'I'm confident it will go': CEO

The CEO of Enbridge Inc. said Wednesday he's willing to work with the B.C. government to allay doubts it has about the safety of the proposed $6-billion Northern Gateway pipeline.

The province officially declared opposition to the pipeline last week, telling a federal review panel the project shouldn't go ahead because there are too many unanswered questions about how Calgary-based Enbridge would respond to a spill.

"I don't view it as a blow,"

Douglas Channel THE CANADIAN PRESS

Enbridge CEO Al Monaco told reporters. "As a matter of fact, I think the B.C. position is pretty much what they've stated, which is they want to see more information." THE CANADIAN PRESS

Market Minute

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ASS IF YOU NEED TO SPOIL IT...

HE SAYS

John Mazerolle
metronews.ca

If you spoil TV shows or movies on Facebook and Twitter you are (SPOILER ALERT) a giant ass.

As anyone with social media likely knows, whether you wanted to or not, something big happened this weekend on the TV show Game of Thrones — something that led to an outpouring of emotional responses usually reserved for terrorism and/or Justin Bieber.

I watched it the very second I could, even though that meant spending $25 for a cab ride to get to a night shift on time. Why? Because I knew that even with the scant number of people I haven't blocked in my Facebook feed (12 as of press time), there would be some goofus or other who would need to make a joke about whatever they saw, everybody else's enjoyment be damned.

And I was right. Some men have no honour.

I'm perfectly OK with people saying, "OMG!" or "WTF!" or any other bit of Internet alphabet soup, but after that let it end. A boss of mine had the episode ruined by her dentist, for goodness' sake.

Saying specifically what happens during a show in a tweet or status update is wrong, full stop. I have an Old Testament view of this. It's wrong. There is no grey.

At worst, it shows you lack empathy and don't care if you're ruining it for other people. At best, it makes you that guy who says, "Ooooh, this part coming up is FUNNY. Watch it. Watch it!"

If that's the best you can hope for, it's time to re-evaluate your life.

Some people argue that if you don't want to be spoiled you shouldn't use Facebook and Twitter, but that's ridiculous. That's how people talk to each other. That's our email and calendar. It's a big room we all talk in, and giving stuff away in one sentence is like walking up to someone the day after Empire Strikes Back and saying, Homer Simpson-like, "I can't believe he's Luke's father!"

If you were talking to somebody in person, you'd ask if they saw it first. If you want to talk about it online, provide a link to your longer, spoilery thoughts.

I also don't buy the statute of limitations that says after a while spoiling is OK. I'm sour that by the time I got to Psycho and Citizen Kane I knew the twists, and I've stayed away from The Sopranos and Lost because I know how they end. (SPOILER: In the last episode of Lost, it's revealed the show sucks.)

It's been said that it's your responsibility not to be spoiled. Nonsense. That's as stupid as the argument that a hockey player who gets his head smashed into the boards shouldn't have had his backed turn in the first place, or that a doored cyclist shouldn't have been driving in heavy traffic anyway.

Remaining spoiler-free is an act of self-restraint in a world of information overload. Every viewer knows that they can know everything that happens before a show even airs by taking their smartphone out of their pocket, yet they choose to remain blissfully unaware.

Ending that for them is like walking up to someone on a diet and shoving cake in their mouth. Whether dinner or entertainment, you shouldn't spoil it.

ZOOM

Eat your art out

Didn't your mother teach you not to play with food?

Food artist Ida Skivenes adds a whole new meaning to 'artistic taste' with her recreations of famous masterpieces. The Oslo-based geographer uses toast as her canvas and adds vegetables, cheeses and fruits to complete her 'paintings.' Her series includes remakes of works by Munch, Van Gogh and Vermeer. METRO

IDA SKIVENES/IDAFROSK.COM

Nom nom nom

30

minutes is how long Skivenes takes to complete a culinary recreation. Skivenes' book, Eat Your Art Out: Playful Breakfasts By Idafrosk (her nickname) is due in October.

Q and A

A toast to the edible canvas

IDA SKIVENES
Human geographer and food artist, 29, from Oslo, Norway

How did this nifty culinary project come about?
In June of last year, I joined Instagram to reconnect with my love for photography once more. The food art just happened along the way by way of a happy accident. I had seen some food art online, did my own version and posted it. After that I tried my own ideas and it turned out I had an eye for making art with food.

So you eat your artworks?
Yes, everything is made to be, and is, eaten.

What's the hardest part in remaking famous paintings?
It's recreating the mood and the 'light' in them — and getting all the small details in place.

What do you hope viewers will take away from your work?
I want people to get curious about how art and food are connected. METRO

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

So you channel a bit more clumsy Tim Taylor than careful Mike Holmes on the DIY front — no big deal. Learning to do things yourself, from homemade pies to home pages, has never been easier. Avoid looking like a fool (or paying for help), and learn to cook, build, create, and fix pretty much anything with DIY sites.

ISTOCK

VideoJug.com
"Get good at life." Their tagline says it all. Professionally made vids teach you how to cook, clean, play cricket and even kiss (with choice of passionate, creative or first kiss).

Howcast.com
Though learning to swim online might not be the best way to go, Howcast at least gives you the option. It can also teach you to 'deal with summer traffic,' if that's more your bag.

Wonderhowto.com
From Minecraft to makeup, Wonder How To has videos, info graphics and forums to help you master useful and completely useless skills — this one truly is "wonderland for your inner nerd."

Twitter

@metropicks asked: Atari games rumoured to be buried in a grave in New Mexico will be dug up by a team of Canadians. What game do you want brought back?

@rmmtenterprises: pacman

@msjenn28: frogger.Loved that game. Use to play it at the lake on rainy days only as we always went outside when it was nice

Follow @metropicks and take part in our daily poll.

Comments

RE: Rise Of The Promposal: High School Proms Just Ain't What They Used To Be, published June 4

And you thought teen pregnancy was bad. Now they just get married way too soon for no real reason. Why is youth wasted on the young?
terry mckinney posted to metronews.ca

We just attended our daughter's and I would have to say it is only as good as what you put into it, it's a shame people do not try harder as it is one day you should remember.
Justme posted to metronews.ca

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SCENE 2

A journey inside the Chornobyl Exclusion Zone

Slowpoke. Couple tells story in the form of a vacation slide show integrated with dance and theatre

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Billy Marchenski stands in front of the abandoned Pripyat amusement park (within the Chornobyl Exclusion Zone).
SUBMITTED

It's a two-person show of nuclear proportions.

Radix Theatre launches its 25th season with the world premiere of Slowpoke, a performance piece that uses theatre, dance and projections to tell the story of a couple's journey inside the Chornobyl Exclusion Zone.

Created and performed by Billy Marchenski and Alison Denham (directed by James Fagan Tait), the story follows their trip inside the zone, while meditating on the scale and consequences of the disaster.

"With the advent of nuclear power humanity achieved a dangerous historic first: the ability to alter the planet on a geologic time scale," says Radix artistic producer, Andrew Laurenson.

"One of the most profound instances of this is the 1986 Chornobyl nuclear disaster in Ukraine, which resulted in the Exclusion Zone; a 30-km radius area around the crippled Reactor No. 4 — the equivalent (distance) of UBC to SFU — that Ukrainian officials say will be unfit for human life for up to 20,000 years."

Marchenski and Denham narrate using a vacation slide-show format, with elements of dance and physical theatre integrated into the performance. Live traditional Ukrainian music by Beverly Dobrinsky accompanies. Slowpoke is at The Russian Hall (600 Campbell Ave.) in Vancouver from June 11 to 15. Tickets are $20 plus tax and service charges, at RadixTheatre.org.

Get In Tune on Granville Island

The City of Bhangra Festival kicks off on May 30 (and runs until June 8) and the popular rePercussion returns to the festival twice this year in Vancouver and Surrey.

It's still a couple weeks away, but the In Tune Conference returns to Granville Island June 20 to 28 with a full slate of events celebrating the creation of original Canadian musicals and music theatre.

It's co-curated by Touchstone's artistic director Katrina Dunn and the Arts Club Theatre's literary manager Rachel Ditor, and includes master classes, workshops of new works, showcases, and panel discussions.

This year's master classes feature award-winning composer, lyricist and librettist, Michael John LaChiusa; playwright, lyricist and librettist Sybille Pearson; freelance director Robert McQueen and artistic director of Theatre Arts at the Banff Centre, Kelly Robinson. Check out the complete schedule at touchstonetheatre.com.

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14 SHOPPERS DRUG MART

Global's comeback kids to take centre stage

Winter and fall line ups. Michael J. Fox, James Spader, Blair Underwood and Sean Hayes make exciting small screen returns

Queen Latifah will host The Queen Latifah Show. THE CANADIAN PRESS

Global is touting big comebacks in its fall and winter lineup, as stars Michael J. Fox, James Spader, Blair Underwood and Sean Hayes return to the small screen with new ventures.

Shaw Media — which runs Global as well as a raft of specialty channels including History, Showcase and Slice — is announcing 11 new dramas and seven new comedies for its main network.

They include Hayes' single dad sitcom Sean Saves the World, Spader's FBI thriller The Blacklist, Underwood's cop show reboot Ironside and the family comedy The Michael J. Fox Show, said to be inspired by the Back to the Future star's personal life.

"Michael J. Fox for us was just a huge, huge, huge win," Shaw Media's content boss Barbara Williams said at a news conference Wednesday that outlined its biggest new properties. "This takes him right back to his comedic roots."

Other new fall dramas include the sci-fi adventure Almost Human, about a cop teamed up with a synthetic android in the year 2048; the sultry Dracula, starring Jonathan Rhys Meyers in the title role; and the fantasy thriller Sleepy Hollow, a modern-day retelling of the classic tale of Ichabod Crane and the Headless Horseman. Other fresh fall sitcoms include the Will Arnett project The Millers, Tony Shalhoub and Jerry O'Connell's dating comedy We Are Men and the culture clash comedy Welcome to the Family.

And mid-season will feature the highly anticipated return of Kiefer Sutherland as super spy Jack Bauer in 24: Live Another Day. "Jack is back," declared Williams, adding that this edition of 24 will be a shorter run with just 12 episodes. "It's really exciting."

Other mid-season highlights include the Chicago Fire spin-off Chicago PD, "Crossbones, starring John Malkovich as the legendary pirate Blackbeard; Rake, featuring Greg Kinnear as a criminal defence lawyer; and the Canadian medical drama Remedy.

New mid-season comedies include About a Boy, starring Minnie Driver as a single mom raising her 11-year-old son, and the homegrown sitcom Working the Engels, about a "ne'er-do-well family" forced to take over their father's legal business. On the daytime side, music and movie star Queen Latifah joins the roster with her new talk show The Queen Latifah Show, featuring musical performances and celebrity guests. But it won't just be about famous people, the rapper-turned-business woman said, noting she was eager to find remarkable unknowns who have made a big difference in their communities.

"It's not just the A-list celebrity," she said. "For me, the dream guest is the everyday people who are amazing."

Williams touted big names helming new projects on Shaw's specialty channels as well, including Alan Thicke in the Slice reality show In the Thicke of It. The winter series will centre on the former Growing Pains star, his wife and three children.

Rebecca Romijn stars in the Showcase police drama King & Maxwell, Julia Ormond toplines Lifetime's fall series Witches of East End and Rob Lowe plays President John F. Kennedy in National Geographic Channel's fall two-hour docu-drama Killing Kennedy.

Returning Slice series include Big Brother Canada, Mob Wives, and Real Housewives of New Jersey, Beverly Hills, Atlanta, New York and Miami. But the Real Housewives of Vancouver will not be back while Shaw reconsiders cast and possibly location, said Williams.

Over on Food Network Canada, Top Chef Canada will return for more culinary competition, while Chopped Canada debuts in winter 2014 with host Dean McDermott. Also new is Cutthroat Kitchen, Guy & Rachael's Kids Cook-Off and Trisha's Southern Kitchen, featuring music superstar and cookbook author Trisha Yearwood. THE CANADIAN PRESS

And there's more

Other new specialty series include the following:

- **Showcase's sci-fi series Helix**
- **Lifetime and History's simulcast of Bonnie & Clyde**
- **History's Martian War, which re-imagines the First World War as an alien invasion**
- **Returning Global series include Bones, Chicago Fire, Elementary, Family Guy, Glee, Hawaii Five-0, NCIS, NCIS:LA, The Simpsons, Survivor, The Good Wife, Parenthood, Bob's Burgers and American Dad.**

ADVERTISEMENT

Scandal!

A-list celebrity dumps aluminum can.

Tory Weaver, star of the new film *Bad Decisions*, doesn't recycle her aluminum cans.

The inside scoop was leaked by the disposed can himself, who was quoted saying, "I can't believe she straight up tried to ditch me." Family and friends of the fallen star say they were shocked to hear the news and they hope she'll use better judgment in the future.

Meanwhile, Hollywood North experts have already downgraded Weaver's celebrity status to "C" list.

It just goes to show that every can you don't recycle says something about you. ***So always return your aluminum cans for recycling.***

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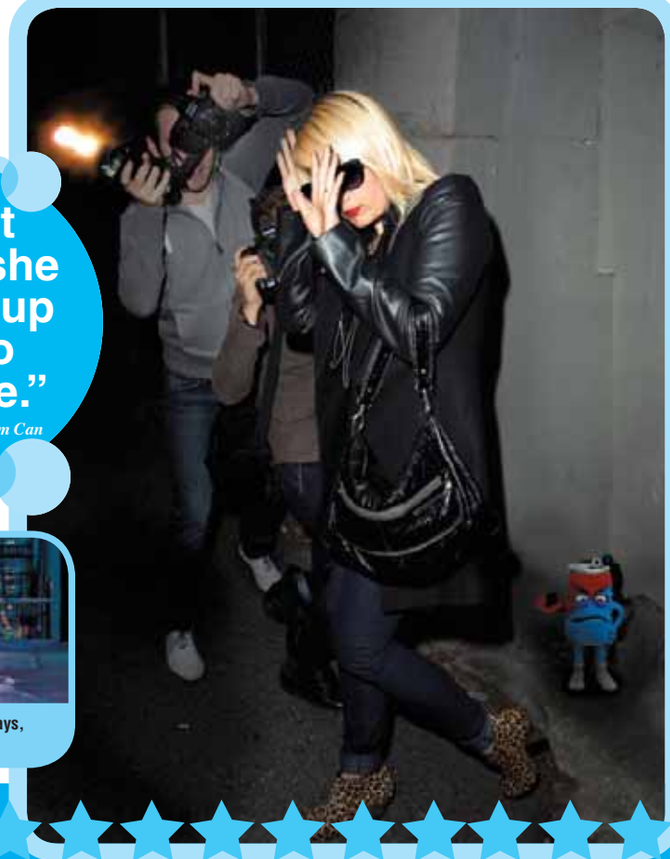

The discarded can remained in this alley for days, scared and alone.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes ALL IMAGES GETTY

Playboy offer seems to be a tempting Tweet for Bynes

The repercussions of Amanda Bynes' erratic behaviour aren't all bad, apparently, as the troubled former child star has been invited by Playboy Radio to co-host its afternoon show for a day. The folks behind the offer were smart enough to reach out to Bynes via her preferred communication medium, Twitter, and she's apparently open to the idea, as she re-tweeted their offer.

Jennifer Love Hewitt

Love Hewitt loved up, engaged AND pregnant

Jennifer Love Hewitt and her Client List co-star Brian Hallisay are getting married — and expecting a baby. "This is a wonderful time and we are looking forward to starting our family," the couple says in a statement. There's no word yet on a wedding date or a due date. Hewitt first met Hallisay while making the NBC series Love Bites, but they did not start dating until last year. Hallisay proposed last month while they were vacationing in Europe.

The Word

Paris Jackson hospitalized after possible suicide attempt

THE WORD
Dorothy Robinson
scene@metronews.ca

Being 15 is hard. Being 15 when you don't have a father, your mother was pretty much bought solely for her uterus, your family legacy is complicated (to say the least) and you are extremely wealthy must be almost unbearable. So I feel for Paris Jackson, I really do. The 15-year-old daughter of Michael Jackson was hospitalized early Wednesday morning in what is being described as a "possible suicide attempt." Reports flew around the Internet yesterday that the attempt was either carried through via drug overdoes or cuts to her wrist after being removed via stretcher from her Calabasas, Calif., family house she shares with her legal co-guardian Katherine Jackson. TMZ.com reports that the teen was upset about not being able to go to a June 6 Marilyn Manson concert. Sadly, her Twitter page has been filled with depressive tweets as of late. The most recent one is: "yesterday, all my troubles seemed so far away now it looks as though they're here to stay."

Will Smith and Jada Pinkett Smith

Jada says she'd never abandon hubby Will once the kids are alright

While she and husband Will Smith have battled their share of breakup rumours in the past year, Jada Pinkett Smith is standing by her man. "What is the one thing that Will could do to make me not love him? That would make me abandon him? I can't think of one, I'm sorry," she tells Redbook magazine. "Except if he did something bad to the kids — now we've got a problem."

Twitter

@Rihanna
Got the keys to #CoCoChanels apartment!!! Yesterday=Most Legendary day in Paris!!!!

@TheRealRosanne
today was my third earthquake in a month-

@pattonoswalt
As the Ambien drapes its sleep-shawl over my eyelids, it whispers, "Stay on Twitter. Let the world know my garbled wisdom."

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A product junkie gossips

Beauty. Tika Sumpter has a flawless face and weakness for budget beauty products. We look inside her makeup bag.

ROMINA McGUINNESS
Metro World News

Tika Sumpter currently stars in the upcoming series The Haves and the Have Nots on the Oprah Winfrey Network. MICHELLE BOBB-PARRIS

Cover Girl Queen Collection Natural Hue Bronzer in Ebony Bronze

"I love it because it contours without making your face look contoured. It just gives it extra dimension."

COVERGIRL.COM

Tarte Cosmetics Matte Lip Tint in Exposed

"I'm a no-fuss makeup person and this colour is so easy and wearable. I don't like lip gloss because it comes off easy but this stuff — even if it does come off, you can just throw it back on."

TARTECOSMETICS.COM

Make Up For Ever HD Foundation in Coffee

"It's so light on your skin it barely feels like you have anything on. You just need to make sure you blend it in properly, especially where your face ends and your neck begins."

MAKEUPFOREVER.COM

House of Lashes Au Naturale Hollywood Glam Lashes

"You would think these (are too over the top) but when you put the lashes on, you look insane. They will change your life."

HOUSEOFLASHES.COM

Tika on:

Her beauty takeaways from Gossip Girl and Sparkle

"Gossip Girl was a very clean show. They didn't do heavy makeup. But the movie Sparkle introduced me to '60s makeup, which I'm now obsessed with. If you're going to line my eyes, it now has to be the blackest liner possible."

Her favourite DIY beauty elixirs:

"At night, I take a wash-rag, add a pump of coconut oil and remove my makeup with hot water. Then I wash my face with the Murad AHA/BHA Exfoliating Cleanser (murad.com) and moisturize with a dab of Keri lotion. I do the same in the morning, minus the oil."

Her go-to complexion fixer:

"I'm pretty religious with my skin care. But sometimes, I come home and I'm like, 'I don't care!' And when I wake up, my pillow is covered in makeup and I can hear my pores screaming. To fix things, I'll apply the Queen Helene Mint Julep Masque (queenhelene.com). It shrinks your pores and dries up pimples."

Decorating trends for the cool kids

In a few weeks school will be ending for many elementary school children. With a week or two lagging before summer camp, it's a great time to get them organizing and sprucing up their bedrooms. Online shopping is easier than ever, so maybe it's time to let the kids be creative and do a little shopping for ways to 'trend-up' their room; of course you will want to keep your credit card number a secret! Here's a few smart decor items to create an on-trend wonderland.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Sleeping in space

When the lights go out you're off to outer space with the photo-realism of the Astronaut Duvet Cover Set, $95, Simons.ca.

Dream Beds

Gypsy prints inspire hours of mind-wandering and writing in diaries with the Daydreamer Quilted Collection, $48 to $228, anthropologie.com.

Earth under foot

Play on top of the world with the Trompe L'Oeil Earth Floor Mat, $175 (4x6), urbanoutfitters.com.

Keeping it organized

Keep everything organized with fabric-covered boxes and totes. Geo Storage Boxes, $29 to $39, potterybarnkids.ca.

Removable wall art

Direct traffic in and out of your bedroom with iconic road signs that are peel and stick easy! Road Signs, $35 set of 14 stickers, wallpops.com.

Sit pretty

Create a whimsical wonderland bedroom with a colourful crocheted toadstool. Mushroom Pouf, $168, anthropologie.com.

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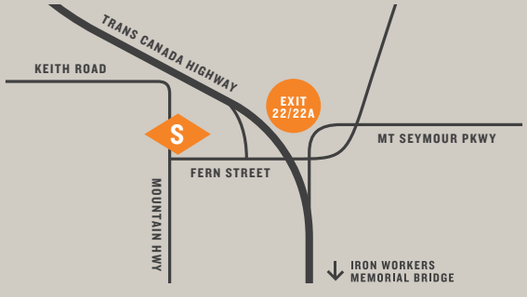

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Sure, there's a school, but where's the Whole Foods?

Scoring The Deal follows Jason Abrams, the Jerry Maguire of real estate, as he helps pro-athletes buy and sell homes worth millions of dollars.

Whereas most agents work in a specific area, Jason specializes in any city with a pro stadium, often working on a deadline of only a few days after an athlete is traded.

Crime Doesn't Pay
It is important to check the crime rates (especially the violent crimes) in the areas you are thinking of relocating to. Homes located within areas with high crime rates ALWAYS have the potential to lose value quickly.

Shop until you drop
Check out the proximity to your favourite stores before you move. If you love Whole Foods, best not to move to a city that doesn't have one.

Be there in time
Let's face it, unless you are Scrooge McDuck and swimming in gold coins you will be commuting to work every day. Make sure that you will not be spending hours upon hours driving to and from work.

School is cool
If you have kids, make sure you check out the latest school rankings.

Walk-ability
How walkable is your new city? Studies show that prices appreciate more in walkable cities.

Mile high club
Airports are important if you travel for work or vacation multiple times a year. It's nice to be close, but not too close.

Emergency on aisle 5
Proximity to a hospital is crucial. Let's hope you never need to go, but if you do, you best know how to get there.

We like a southwest feel
Get to know the local home style before you arrive. If you like adobe-style southwest homes, move to Arizona not Ontario.

Opera anyone?
The arts are important — opera, theatre, music — but let's face it, what we really mean here is how far is the closest hockey arena?

Need a ride
Mass transit has come a long way. If you will be using the subway, light rail, street cars, or RT make sure you know where the closest pick up is.

SCORING THE DEAL AIRS WEDNESDAYS AT 10 P.M. ET/PT ON HGTV CANADA

Before you hop on the back of the moving truck, make sure you know where you're going. ISTOCK IMAGES

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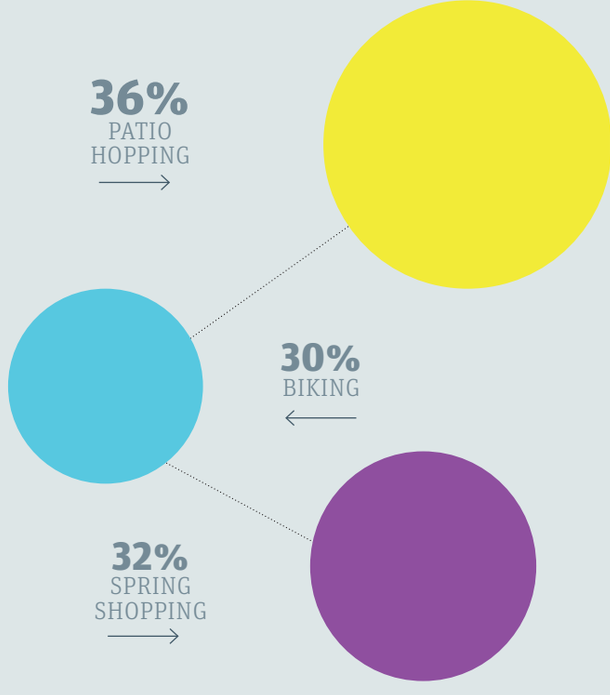
Metropolitan Panel

Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca

*Selections were not exclusive of each other and included other activities.

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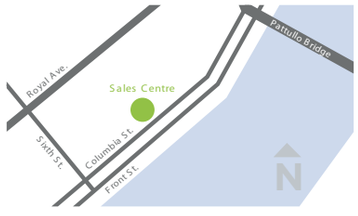

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Korres Greek Yoghurt Nourishing Lip Cooler

Place this gorgeous tube on your dresser or bathroom cabinet and channel your inner Greek Goddess. $19, sephora.com

C.Wonder Ikat Tea for One set

Just pretend you're having breakfast on your balcony in Santorini. $38, cwonder.com

5

Santorini-inspired, blue-and-white products for summer

The gorgeous rows of pristine white houses nestled between calm blue skies and the sparkling turquoise waters of the Adriatic inspired this summertime decor scheme.

TINA CHADHA
Metro World News in New York City

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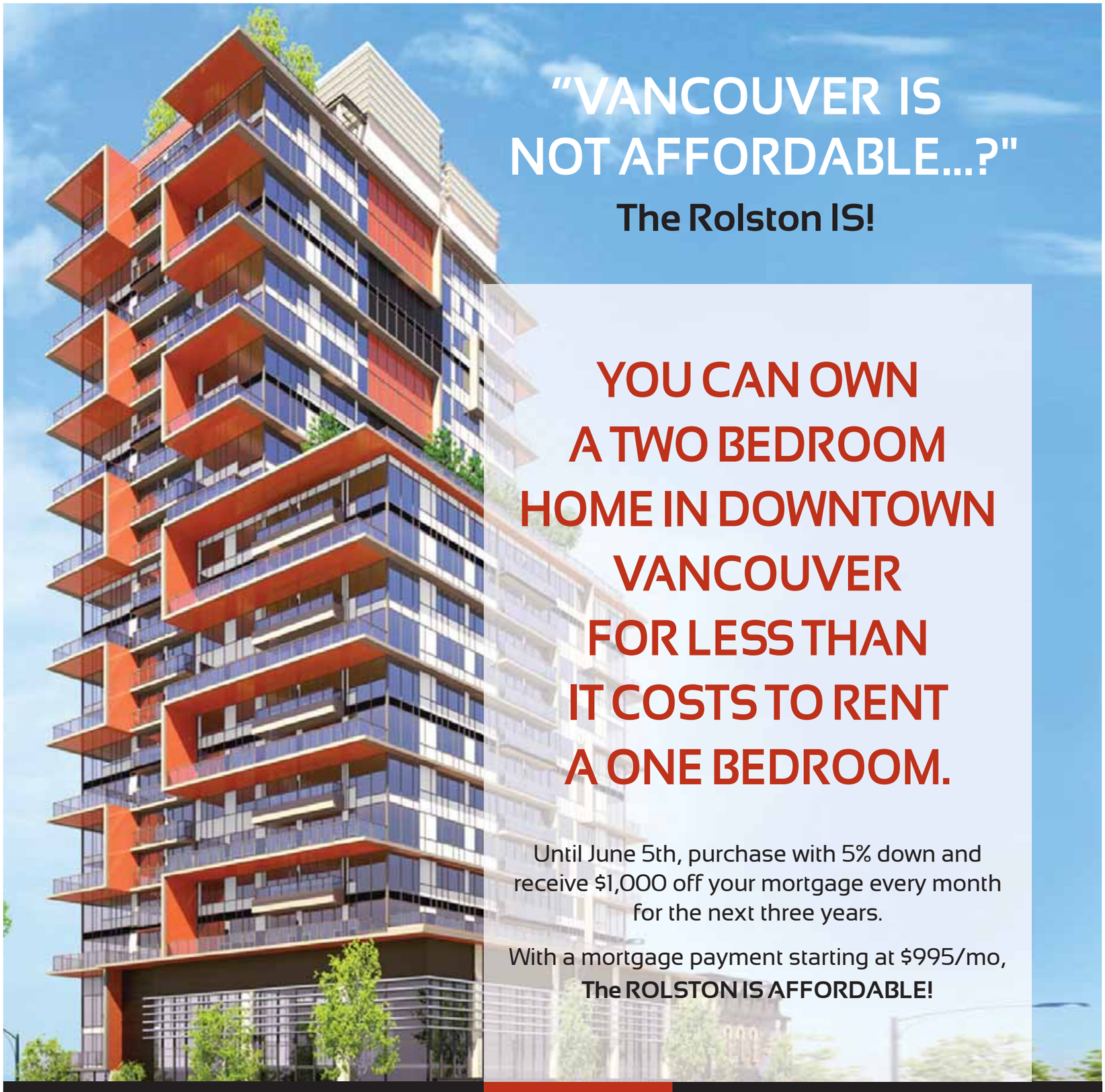
Olives, anyone? $25, crateandbarrel.com



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Summery decor can brighten your home during any season

Seasonal. Designers offer tips on using summer as your decorating inspiration

The sun-drenched colours and inviting textures of summer provide plenty of decorating ideas. The trick is doing it right: A summer-inspired interior can become a tacky, tropical disaster if it's done with too heavy a hand.

But with a light touch and strategic choices, your home can be brightened all year long by the fleeting beauty of summer.

Above all, "do not be literal with summer," says Los Angeles-based designer Betsy Burnham. Avoid putting up a sign that says, "Gone Fishin'" or displaying a collection of seashells on a table, she says.

Instead, try examining the colours inside a handful of shells, then decorating a room in those shades. Or upholster one piece of furniture in crisp, summery linen, rather than slip-covering an entire room that way.

Designer Joe Lucas of Lucas Studio in West Hollywood, agrees: A life preserver with the words "To the Beach" painted on it may not be something you want to hang up, he says, even if you really live a block from the beach. But a mix of sand-coloured paint and ocean blue fabrics can be a tasteful reminder of summers by the shore.

Here, Burnham, Lucas and decordemon.com founder Brian Patrick Flynn offer tips on successfully using summer as your design inspiration.

Summer relaxation

"Summery interiors are best described as relaxed," Flynn says. "While autumnal and wintry spaces are packed with rich velvets and earthy palettes, summery spaces are super-light, unstructured and pretty darn casual."

Flynn uses deliberate contrast to point up that casual feeling: "I like to juxtapose super-relaxed elements such as slipcovers or bedding made from washed linen with super-tailored elements such as tailored tartan or pinstripe accents. The result is preppy, but still casual."

Summer is distinctive colours

One option is a palette of muted summer colours (sandy beiges, soft driftwood greys, nautical blues), which can be used throughout a room without overpowering it.

Lucas is a fan of very pale grey wall colours that include just a hint of green or blue. They look great alongside natural, pale wood furniture.

Flynn recommends "washed-out blue" wall colours, such as "Krypton" by Sherwin-Williams or "Drenched Rain" by Dunn-Edwards. "Blues with the perfect amount of grey in them tend to be timeless and also work as new neutrals — colours with tons of personality which tend to work well with almost every other hue out there, as opposed to boring beiges and taupes."

These muted blues pair beautifully with white, he says: "The mix of blue and white together is totally timeless, plus it can be mixed up in many different ways to update the look. Almost all colours accent blue and white well."

The other summery option is to go vivid, using grassy greens, geranium reds, deep corals and the teal of tropical waters. Done right, these colours can elevate the look of a room.

"I'm a huge fan of teal and coral," Flynn says. "I especially love them together, since it strikes the perfect balance of feminine and masculine."

Summer is painted wood

"People always think that they have to have their wood finished in a stain," Burnham says. "Why not a painted finish? Paint your bookcases white ... It's summery, but livable year-round. Or try painting a floor somewhere in your house, like a guest room floor."

Lucas agrees: "We're always pushing clients to paint out their dark cabinets," he says. "Everyone thinks their library has to be stained a rich mahogany or dark walnut," but there are better approaches. "Paint it an off-blue-grey or lacquer it a fun, brighter colour."

THE ASSOCIATED PRESS

A kitchen designed in teal with white cabinets. Teal is one of designer Brian Patrick Flynn's go-to colours for adding bold, Caribbean style to interiors. BRIAN PATRICK FLYNN/ THE ASSOCIATED PRESS PHOTO

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Cream-heavy Pasta Primavera slims down for the summer

This recipe serves six. It contains 390 calories and seven grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is my light version of Pasta Primavera, which is usually made with a heavy cream sauce loaded with calories and fat.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Just before the pasta is cooked, add the broccoli, snow peas, red peppers and green peas to the boiling water, and cook for 2 minutes. Drain and place in serving bowl. Add tomatoes, basil, parsley and cheese.

2. Meanwhile, make the sauce: In nonstick saucepan, melt margarine; add flour and cook for 1 minute, stirring constantly. Slowly add milk, stock, garlic, and salt and pepper; stir constantly until sauce slightly thickens, approximately 4 minutes. Add 1/4 cup grated Parmesan cheese until melted. Remove from heat. Add to pasta, garnish with 1/3 cup grated Parmesan and toss well. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 12 oz linguine
- 1 1/2 cups chopped broccoli
- 1 1/2 cups chopped snow peas
- 1 cup sliced red peppers
- 1 cup frozen green peas
- 1 2/3 cups chopped tomatoes
- 1/2 cup chopped fresh basil
- 1/4 cup chopped parsley
- 1/3 cup grated Parmesan cheese

Sauce

- 1 tbsp margarine or butter
- 2 tbsp all-purpose flour
- 1 cup 2% milk
- 1 1/4 cups chicken stock
- 1 1/2 tsp crushed garlic
- Salt and pepper
- 1/4 cup Parmesan cheese

For your phone

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Mind Watering (iPad; $4.99)

With ingredients perfectly laid out, timers at the ready and page-turning voice commands, this very visual step-by-step cookbook of 51 recipes and tricks is deliciously organized.

Metro Exclusive

Cook with Vikram Vij and Metro

Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream tonight at 9 ET/6 PT at metronews.ca/vijcooklive. Don't have your ingredients yet? Go to metronews.ca to download a shopping list so you can hit the store on your way home. You can also get a copy of the recipe so you can follow along as Vij cooks live. You will also be able to tweet him at #VijCookLive. METRO

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DIY ideas. Bring the feeling of the cottage home this summer with your own stone fire pit

As summertime approaches, people start spending more of their days and nights outdoors, especially for summer dining and entertaining.

Building a fire pit in your backyard creates a focal point in your outdoor design and adds warmth, light and ambiance, making your space a natural gathering spot for socializing, entertaining and relaxing.

With a few tips, Indoors Out can help you build the perfect fire pit to complement your social schedule this summer.

Step 1: Check building codes in your area

Before you begin building a fire pit, make sure that you are aware of building codes and regulations. Choose an area that is away from your house and any low-hanging trees. You'll also need to take precautions when digging holes so that you don't hit any utility lines.

Step 2: Purchase stone

Decide on a location for the fire pit and determine its size and shape. Using these measurements, select your materials from a stone yard. To save time, choose a pre-sorted premium stone such as palletized stone, which are uniform in size, shape and quality.

Step 3: Form a circle

Lay your stone pavers in a circle in the approximate size and shape of your fire pit. Most fire pits are typically about 36 to 44 inches in diameter.

Step 4: Dig your hole

Dig a hole about 12 inches deep once you've formed your circle.

Step 5: Fill with sand

Pour sand into the bottom of the hole and pack until its level.

Step 6: Lay your stones

Start laying your wall stones around the outside of the hole. Continue to stack the stones until they are about 12 inches above the ground.

Step 7: Fill with sand

Pour a layer of sand into the ring of stones so that it covers the first layer. This should be approximately four inches deep. Your fire pit is now ready to try out at your next get together. INDOORS OUT AIRS WEEKDAYS AT 3 P.M. ET/12 P.M. PT ON DIY NETWORK CANADA

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Swiffer WetJet Wood solution is designed to be safe and gentle on your finished wood floors, revealing its natural shine. With a dual-nozzle sprayer and a strong-grip pole, this bucket-less mopping system also features a scrubby strip for powering through tough dried-on messes.

*Do not use on unfinished wood, oiled or waxed wooden boards, non-sealed tiles or carpeted floors because they may be water sensitive.

FOR MORE INFORMATION VISIT SWIFFER.CA

New middle man cramming at camp

CFL. As injuries pile up once again, Norman is snapping for Lions as they prepare for June 14 pre-season opener

CAM TUCKER
cam.tucker@metronews.ca

Matt Norman is once again hitting the books.

Norman, a third-round pick of the B.C. Lions in the 2012 CFL draft, is slated to be the starting right guard on the offensive line but was taking reps at centre on Wednesday, as training camp continued in Kamloops.

Veteran starting centre Angus Reid is resting up with a sore back, while his backup, Adam Baboulas, is out with a broken leg, suffered Tuesday.

Norman has shifted one spot to the left, snapping the ball for quarterback Travis Lulay.

"It felt pretty good, but there's a lot to know about centre," said Norman after Wednesday's morning practice at Thompson Rivers University.

"I just need to get my nose in the playbook and make sure I know what I'm doing."

As a rookie, Norman made the Lions out of camp last year, but returned to school — the University of Western Ontario — at the end of August to complete his teaching degree.

He re-joined the CFL club for the West final, as injuries continued to pile up on the offensive line.

Lions offensive lineman Matt Norman, seen here during a game against the Saskatchewan Roughriders, took reps at centre on Wednesday as training camp continued at Thompson Rivers University in Kamloops. B.C. LIONS

But moving to centre provides a different challenge for Norman.

After all, the position is, as head coach Mike Benevides says, the quarterback of the offensive line.

It's not just snapping the ball, although that aspect is integral. It's about reading the formation of the opposing defence and making sure others on the line know their blocking assignments.

Norman's cerebral abilities help when it comes to studying the playbook and observing what is developing right in front of him, in case an adjustment needs to be made.

Studying is one thing.

There's nothing quite like lining up and snapping the ball over and over again to help someone grow more familiar at a new position.

"I learn by making mistakes on the practice field and then correcting them in video and then coming out and not making the same mistake again," said Norman.

The Lions play their first pre-season game on June 14, when they travel to Calgary to play the Stampeders.

The regular season begins June 28.

Benevides admitted that because of the injury to Baboulas and Reid's back issue, there is a chance Norman may be the starting centre when the season begins.

"I'm not even thinking about that yet, but where we are right now, it's possible," said Benevides.

NHL

Keith suspended for Game 4 after high stick

If the Chicago Blackhawks are going to end the Los Angeles Kings' perfect post-season on home ice in Game 4 of the Western Conference final, they'll have to do it without their top defenceman.

Duncan Keith will sit out Thursday under a one-game suspension for high-sticking Los Angeles' Jeff Carter. Keith hit Carter with a one-handed blow in the second period of the Kings' 3-1 victory in Game 3, opening a 20-stitch gash on the star forward's face and cracking three of his teeth.

THE CANADIAN PRESS

House of Commons

Bill legalizing MMA passes

The House of Commons has passed a bill legalizing contact sports such as mixed martial arts.

The legislation, which originated in the Senate, takes certain fighting sports, including taekwondo and karate, as well as MMA, out of legal limbo.

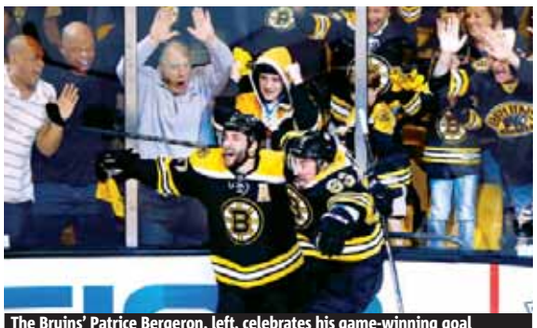
THE CANADIAN PRESS

Title fight Grant-ed

"I know I've got my work cut out for me.... He's dangerous in all kinds of areas."

Cole Harbour, N.S., native T.J. Grant on UFC lightweight champion Benson Henderson. The UFC announced on Wednesday that Grant will get a title fight against Henderson at UFC 164 on Aug. 31.

Bruins put Penguins to bed in double OT



The Bruins' Patrice Bergeron, left, celebrates his game-winning goal with Brad Marchand on Wednesday. JARED WICKERHAM/GETTY IMAGES

Patrice Bergeron scored 15:19 into the second overtime to lead the Boston Bruins to a 2-1 victory over the Pittsburgh Penguins and a 3-0 series lead in the Eastern Conference final on Wednesday night.

The victory put Boston in control of the best-of-seven series and a chance to advance to the Stanley Cup final in Game 4 on Friday night at home.

Tuukka Rask stopped 53 shots for the Bruins.

"It was a battle. They played hard all night," Bergeron said. "It was a tough game, we found a way."

Game 3

Bruins	Penguins
2	1

Tomas Vokoun made 38 saves for the Penguins one game after he was yanked from the net after giving up three quick goals in the first period.

David Krejci also scored for Boston in the first period. He leads the playoffs in scoring with nine goals and 12 assists.

Chris Kunitz scored Pittsburgh's only goal in the second.

That left it 1-1 after two periods, and it stayed that way through two more. But 4:41 before the second overtime would expire, Brad Marchand grabbed the puck along the left-wing boards and centred it, where Bergeron redirected it past Vokoun and into the net. THE ASSOCIATED PRESS

Harvey has lived the 'ups and downs' of pro soccer

MLS. Whitecaps' defender scored Saturday against New York to help his club win its first road game

CAM TUCKER
cam.tucker@metronews.ca

Jordan Harvey GETTY IMAGES FILE

Redemption can be sweet.

Last week, with the Voyageurs Cup at stake, Vancouver Whitecaps defender Jordan Harvey had the game on his foot.

Staring down a brilliant scoring opportunity inside the box, Harvey blasted a shot wide of the Montreal Impact net.

Had he scored, the Whitecaps could've once again moved past the Impact and into the lead in a must-win game, and the club very likely would've celebrated its first ever Voyageurs Cup in front of the home fans.

While there are lows in professional sport, there are also highs.

Three days later, as the Whitecaps searched for their first road win of the season and facing the New York Red Bulls, Harvey found himself in a similar spot.

This time, as the ball bounced to his feet, he let go of a wicked left-footed volley to the back of the net for the goal.

It got the Whitecaps onto even terms in the second half, and they would eventually win on a goal by Kenny Miller.

"You're going to have ups and downs in soccer," Harvey said Tuesday, about his missed opportunity against the Impact in the Voyageurs Cup final.

"As long as you keep using them as motivation and moving forward and working hard, things will pay off. It's obviously tough, mentally. But you just have to use it to your advantage."

The Whitecaps now face the Seattle Sounders FC on the road in a Cascadia Cup derby match, looking to win back-to-back games away from cozy BC Place Stadium.

"Hopefully we can carry this on through the rest of the season," said Harvey.

"I know I still have a fire inside me from the Montreal game and I think it's going to be there for a little bit so hopefully I can use that to my advantage."

Sounders' Martins back for Cascadia Cup

An independent review panel has rescinded a red card given to Sounders FC forward Obafemi Martins after Seattle's appeal, allowing him to play in this weekend's Cascadia Cup matchup against Vancouver.

- Martins was ejected for his foul on Chivas USA midfielder Gabriel Farfan last Saturday.
- Martins has four goals in seven games this season for Seattle.

MLS

Le Toux's helpers helpful for Union

Brian Carroll scored a goal and added an assist, former Vancouver Whitecap Sebastien Le Toux had two assists, and the Philadelphia Union cruised past the Columbus Crew 3-0 Wednesday night.

Sheanon Williams and Conor Casey also scored for the Union, who improved to 6-5-4.

Carroll's goal came in the 25th minute, followed by Williams in the 29th and Casey in the 31st. Le Toux took over the league lead in assists with six.

It was the fourth match in 12 days for the Union and the fourth in 11 days for the Crew.

Philadelphia was sharper from start to finish and goalkeeper Zac MacMath earned his fourth shutout of the season. Columbus had its three-match unbeaten streak snapped and fell to 4-5-5.

The Crew played without injured midfielder Eddie Gaven and forward Jairo Arrieta.

THE ASSOCIATED PRESS

MLB

M's fall short in see-saw marathon

Alejandro De Aza and Alex Rios each had an RBI single in the 16th inning, and the Chicago White Sox snapped an eight-game losing streak with a 7-5 victory over the Seattle Mariners on Wednesday.

De Aza's tiebreaking hit came after the teams combined to make baseball history when Chicago scored five times in the top of the 14th, only to have Seattle complete an improbable rally on Kyle Seager's tying grand slam off Addison Reed (2-0) with two out.

THE ASSOCIATED PRESS

The White Sox's Gordon Beckham scores on Alejandro De Aza's game-winning hit on Wednesday in Seattle. GETTY IMAGES

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Horoscopes

♈ Aries
March 21 - April 20
Someone will call on you to mediate a dispute today and while you would prefer not to get involved, you can't really say no. Look at the facts and deliver your verdict — then get out of the way fast.

♉ Taurus
April 21 - May 21
It may be tempting to get angry with someone who brings you bad news but it's not their fault — and won't solve a thing. Besides, if you are honest, you'll admit part of the blame rests with you.

♊ Gemini
May 22 - June 21
Cosmic activity in and around your birth sign may make all things possible but you still need to select your aims with care. Even a Gemini has only a fixed amount of time and energy to invest. Use it wisely.

♋ Cancer
June 22 - July 23
For some reason, you appear to believe that if you don't act immediately you will miss out. Nothing could be further from the truth. In fact, you should drag your feet a little.

♌ Leo
July 24 - Aug. 23
If you try to please too many people, you will end up pleasing no one. You can't do favours for everyone but you can do favours for those who count the most — or whose need is most urgent.

♍ Virgo
Aug. 24 - Sept. 23
A plan close to your heart is coming together and you are almost ready to announce it to the world. Don't be too hasty. Make sure it's foolproof.

♎ Libra
Sept. 24 - Oct. 23
Don't read into what others say today. Most likely they are talking about things they know nothing about. Trust your instincts, even when they lead you in a different direction than everyone else.

♏ Scorpio
Oct. 24 - Nov. 22
Put the past behind you and move on with a smile. Whatever mistakes you may have made mean nothing now, so why make a big issue of them? Life is a learning experience, with lots of loving.

♐ Sagittarius
Nov. 23 - Dec. 21
Never mind what others expect of you, what do you expect of yourself? That question is important but never more so than now as the approaching new moon maximizes your options. Identify your goals.

♑ Capricorn
Dec. 22 - Jan. 20
You may not be the sort to back out of a fight but you are smart enough not to start one when you know you can't win. Someone you work with may be a drag but they also have all the power, so be nice.

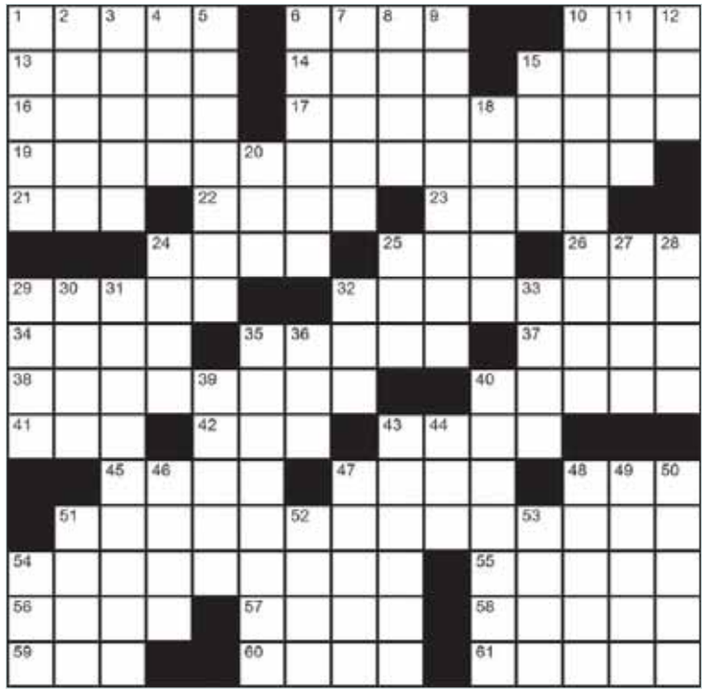
♒ Aquarius
Jan. 21 - Feb. 19
Tempers may get a bit frayed today but looking back you may wonder what all the fuss was about. Still, it's always good to get bad feelings out in the open.

♓ Pisces
Feb. 20 - March 20
Pay attention to a colleague's personal needs today because their interests and your interests are more closely connected than you might imagine. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

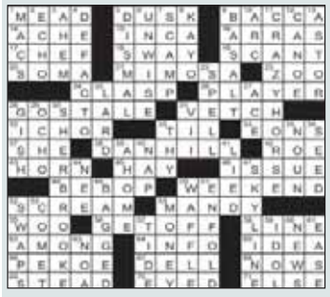
BY KELLY ANN BUCHANAN



Across
1. Bard's below
6. Carlos __ (Spanish tennis player)
10. __-mo replay
13. Bonus
14. Mischa of "My Man Godfrey" (1936)
15. "Take __ __ face value."
16. Measuring stick
17. Rolled-around breaktime sight at work: 2 wds.
19. JUNE 6TH, 1944: Juno, Gold, Sword, Omaha and Utah: 2 wds.
21. Progressive rock band
22. Ye's follower
23. "To Live and Die __ _._." (1985)
24. Russian assembly
25. Trellis plant
26. Dove's murmur
29. Batman abode, Wayne __
32. Escape from prison: 2 wds.
34. Camaro model, __-Z
35. Attempts
37. Against
38. Tidy or groom: 2 wds.
40. Category
41. Fitness system, __ Bo
42. Mil. command posts
43. Eminem movie, "8 __" (2002)
45. Shirley Ann __ (Pulitzer-winning writer)
47. Drive a bike
48. Potpie morsel
51. Meal time-savers: 2 wds.
54. "__ in Seattle" (1993)
55. Annuls
56. Camping beds
57. Have _ __ to pick
58. Mr. Coombs of "Mr. Dressup"
59. "__ showtime!"
60. Lacking
61. Adjust, as an alarm clock

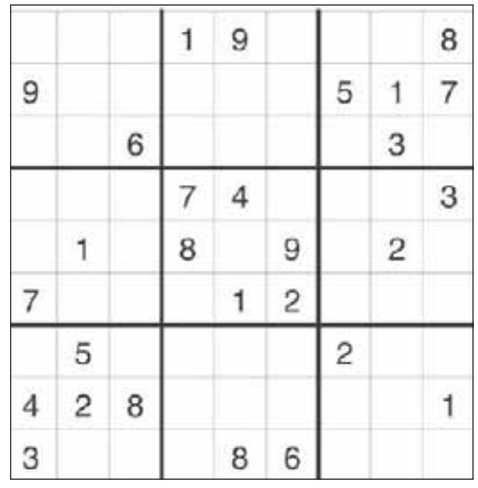
Down
1. Broken-eyeglasses-with-tape characteristic
2. Give off, as confidence
3. Maps book
4. Deuce-ace
5. Halifax __
6. Ancient fortress atop a plateau of Israel
7. Unit of weight
8. Casual affirmative
9. In Ottawa: Library and __ Canada
10. Quebec City, when it was an Iroquoian village
11. Metallica drummer Mr. Ulrich
12. Baseball great Mel
15. Suffix with 'Poet'
18. Where Nairobi is the capital
20. Tree type
24. TV show genre, __-drama
25. Choler
27. Baseball stats
28. "Willie and the Hand Jive" by Johnny __
29. Maid of the __ (Boat ride at Niagara Falls)
30. Harp, in Italy
31. Tom Cochrane tune: 2 wds.
32. Marcel Marceau's clown
33. Leafy veggie
35. Agave beverages
36. Toys "_" __ (Chain store)
39. Victor
40. The __ Family, as on TV classic "Leave It to Beaver"
43. Central spots
44. Partners to egos
46. Roger who played Robin Colcord on "Cheers"
47. Myrrh, for example
48. Inflictions
49. Moviedom's Mr. Murphy
50. Strong point
51. Conspiracy
52. "__: Warrior Princess"
53. Handed-down history
54. __-Fi

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

8	3	7	4	5	1	2	6	9
1	4	6	9	2	3	5	8	7
2	9	5	6	7	8	3	1	4
7	6	9	8	3	2	4	5	1
3	8	1	5	4	9	6	7	2
5	2	4	1	6	7	8	9	3
6	1	3	7	8	4	9	2	5
9	5	2	3	1	6	7	4	8
4	7	8	2	9	5	1	3	6

Today
20°/13°
Partly cloudy
40%
Friday
17°/11°
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90%
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TWN incorporates MSC data

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17% THEIR PERENNIALS
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*Selections were not exclusive of each other and included other activities.

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107	SW	756	B8	2 BR+FLEX	$399,900	$1,487
202	N	506	A3b	1 BR+FLEX	$242,900	$903
207	SW	756	B8	2 BR+FLEX	$389,900	$1,450
507	SE	760	B14a	2 BR+FLEX	$389,900	$1,450
653	N	506	A3b	1 BR+FLEX	$248,900	$926
752	NW	577	A6	1 BR+FLEX	$279,900	$1,041
855	E	454	A5	1 BR+FLEX	$232,900	$866
856	E	525	A4	1 BR+EB+FLEX	$258,900	$963
953	N	506	A3b	1 BR+FLEX	$254,900	$948
954	NE	584	A6	1 BR+FLEX	$283,900	$1,056
1059	S	517	A3a	1 BR+FLEX	$251,900	$937
1156	E	525	A4	1 BR+EB+FLEX	$264,900	$985

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
1207	SW	646	B1a	2 BR	$349,900	$1,301
1505	E	454	A5	1 BR+FLEX	$242,900	$903
2110	W	481	A1b	1 BR+FLEX	$266,900	$902
2208	S	513	A3a	1 BR+FLEX	$274,900	$1,022
2310	W	481	A1b	1 BR+FLEX	$270,900	$1,007
2603	N	506	A3b	1 BR+FLEX	$286,900	$1,067
2809	SW	646	B1a	2 BR	$388,900	$1,082
3005	E	454	A5	1 BR+FLEX	$278,900	$1,037
3009	SW	646	B1a	2 BR	$399,900	$1,487
3102	NW	879	C7	2 BR+FLEX	$549,900	$2,045
3204	E	650	C4	2 BR	$394,900	$1,468
PH3	NE	788	C8	2 BR	$542,900	$2,119

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